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## ABSTRACT

The invention relates to a cooling article comprising a polymer absorbent enclosed within a bag delimited by a collapsible envelope having non-watertight walls, wherein said polymer absorbent is under the form of particles each of which comprises a core of less cross-linked polymer sequences more active in retaining absorbed water and a shell of more cross-linked polymer sequences apt to retard diffusion of water from a particle to another during desorption of absorbed water.